

# My Health Profile!



Age: \_\_\_\_\_

1. On average how many serving of fruit and vegetables combined do you eat each day?

None            1-2            3-5            5            5 or more

2. What did you have for breakfast this morning? \_\_\_\_\_  
 \_\_\_\_\_

3. How many hours of sleep did you get last night? \_\_\_\_\_ Hours

4. What is the normal time you go to bed on a school night? \_\_\_\_\_

5. How many hours (on average) of TV/computer time do you have during a week night?

None            <1            2            3            5            5>

6. How many hours (on average) of TV/computer time combined do you have over the weekend?

None            1-2            3-4            5-6            7-8            9-10            10>            20>

7. What physical activities do you do on a regular basis?

Example: I play on a hockey team in the winter.

- I go to the public pool once a week
- I have a swimming pool at home in the summer
- I play at the park 2-3 times a week
- I take dance lessons once a week
- I walk my dog every day for ½ an hour
- I walk to school every day (2x10 mins)




---



---



---



---



---

8. How would you rate your overall fitness level?

5=Amazing Athlete, 4= Athlete, 3= Like to be Active, 2= Oops, need to be fitter, 1=Couch Potato

1            2            3            4            5

9. How would you rate your safety during Physical Activity at school?

	ALWAYS	OFTEN	RARELY
I follow the safety rules in the Sport Hall.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I follow the rules on the playground.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid dangerous manoeuvres when using equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I wear appropriate clothing in my P.E. classes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My running shoes are in good condition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pay attention to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use the equipment only after receiving instructions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. How would you rate your ability to relax?

	ALWAYS	OFTEN	RARELY
I am calm before I go to bed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am calm in the classroom.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I listen to soft music in order to relax.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy and participate in relaxation activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I stretch after doing physical activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other : _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Components of Fitness

There are four main components of Physical Fitness. Below are some exercises for each component to help you improve and maintain physical fitness.

Can you find 2 additional exercises for each component?

## Cardiovascular Endurance



1. **Jumping Jacks:** for at least 1 min
2. **Jogging:** on the spot for at least 1 min
3. **Running laps** for a specified duration of time 5 min or more
4. **Skipping:** for at least 1 min
5. **Line Jumps** (Chose a line on gym floor, both feet together and jump over to either side continuously for 1 min)\_
6. \_\_\_\_\_
7. \_\_\_\_\_

1. **Arms Circles:** both arms together 30 secs
2. **Wall Sit:** at least 45 seconds
3. **Stationary Lunges:** alternate legs 45 secs
4. **Body Plank:** hold for 45 seconds
5. **Sit Ups:** try as many as you can
6. \_\_\_\_\_
7. \_\_\_\_\_



2

## Muscular Strength

1. **Standing Long Jump:** how far can you jump?
2. **Push Ups:** How many can you do in 30 secs?
3. **Bicep curls** - how many can you do in 30 secs?
4. **Tricep Dip** on a chair - How many can you do in 30 secs
5. \_\_\_\_\_
6. \_\_\_\_\_





1. **Calf Stretch:** toe to the ceiling - 15 seconds each side
2. **Tricep Stretch:** (Overhead back scratch) – 15 seconds
3. **Touch your Toes:** legs straight – 15 seconds
4. **Cobra Stretch:** lie on your tummy and push up with hands – 15 seconds
5. \_\_\_\_\_
6. \_\_\_\_\_





# Heart rate Worksheet

1. Where and how do you find your "heart beat" (pulse)?



## Directions

1. Predict your resting heart rate and record in the table below
2. Now find your heart rate either in your neck or your wrist.
3. Calculate you resting heart rate and record in the table below

	Resting Heart Rate	After Cardio Workout	After Stretching (Yoga)
My prediction			
My Heart Rate			

1. Why did your heart rate increase with exercise? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What happened to your body as you became more active? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. For which activity did our heart rates increase the most? Why? \_\_\_\_\_  
\_\_\_\_\_

**Resting Heart Rate:** This is your heart rate when you are resting and relaxed. Average resting heart rate is around 70 Beats Per Minute (BPM), though yours may be lower or higher.

**Maximum Heart Rate (MHR):** This is the fastest that your heart is designed to beat. You do not want to reach your MHR as your heart would be working too hard. A healthy person would have a MHR of around 200 BPM.

**Pulse:** is a measure of your heartbeat. Whenever your heart beats, it forces a surge of blood through your arteries. You can feel this surge by placing 2 fingers (not your thumb) on the inside of your wrist. You can also take your pulse on the side of your neck.